

2Spaghetti&MeatSauce100

Number of Servings: 100 (191.82 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---|
| 11 1/2 | lb | Beef, ground, hamburger, pan browned, 10% fat |
| 3 3/4 | qt | Sauce, spaghetti, low sod |
| 7 1/4 | qt | Sauce, spaghetti, garlic & herb, chunky, cnd |
| 5 3/4 | lb | Pasta, spaghetti noodles, enrich, dry, all brands |
| 3 1/4 | cup | Cheese, parmesan, dried, grated |

Nutrients per serving

| Nutrition Facts | | |
|--|-----------------------|--------------------|
| Serving Size (192g) | | |
| Servings Per Container | | |
| Amount Per Serving | | |
| Calories 310 | Calories from Fat 100 | |
| | % Daily Value* | |
| Total Fat 11g | | 17% |
| Saturated Fat 3.5g | | 18% |
| Trans Fat 0g | | |
| Cholesterol 50mg | | 17% |
| Sodium 400mg | | 17% |
| Total Carbohydrate 32g | | 11% |
| Dietary Fiber 3g | | 12% |
| Sugars 11g | | |
| Protein 21g | | |
| Vitamin A 10% | • Vitamin C 10% | |
| Calcium 10% | • Iron 15% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | |
| | Calories | 2,000 2,500 |
| Total Fat | Less Than | 65g 80g |
| Saturated Fat | Less Than | 20g 25g |
| Cholesterol | Less Than | 300mg 300 mg |
| Sodium | Less Than | 2,400mg 2,400mg |
| Total Carbohydrate | | 300g 375g |
| Dietary Fiber | | 25g 30g |
| Calories per gram: | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | |

Notes

* For each pound browned ground beef EP purchase 1 1/3# 90% lean ground beef
 RECIPE MADE WITH part LOW SODIUM & part REGULAR SPAGHETTI SAUCE to keep sodium level acceptable

Cook spaghetti in boiling water according to directions on package (as you are adding spaghetti to boiling water break it into thirds to make it easier to serve). Drain and store in cold water to keep noodles from sticking. Drain when ready to use.

Brown ground beef until meat reaches internal temperature of 155 degrees F. Drain off fat.

Add spaghetti sauce and bring to a simmer, stirring occasionally.

Combine meat sauce and cheese and stir. Add drained, cooked spaghetti. Stir lightly. Pour into 12x20x2 inch counter pan (for 50 serv). Bake at 325 degrees F for 45 minutes to 1 hour. Serve at 160 degrees or hotter.

Serve 1-1 1/4 cup serving using an 8 oz ladle (1c) or 10 oz (1 1/4 c) = 1+ grain, 2 oz meat, 2 vegetable serving
 1 serving = 33 grams carbohydrate = 2 Carb Serv